



Rotary Friendship Exchange Handbook



Rotary International

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This guide has been created to help district and club chairs organize a Rotary Friendship Exchange. Ideas and suggestions in this guide can be adapted to fit the specific needs and interests of each district. Districts should be creative in organizing such exchanges.



What Is Rotary Friendship Exchange?

The Rotary Friendship Exchange program gives Rotarians and their families the opportunity to experience other cultures firsthand, by participating in reciprocal visits with Rotarians from other countries and their families. Introduced in 1984, this program aims to advance international understanding among Rotarians. It provides Rotarians with the opportunity to form personal contacts and make long-lasting friendships while exploring different areas of the world.

Types of Exchanges

There are two main types of Friendship Exchanges, the visitor exchange and the team exchange. The number of people or couples participating and the length of stay are flexible in either exchange. However, both are to be determined and agreed upon by the two districts involved. Rotary Friendship Exchanges are expected to be reciprocal.

Visitor exchange

The visitor exchange gives individual Rotarians, who may be accompanied by family members, the opportunity to spend a few days in the home of a Rotarian in another country. The typical visitor exchange ranges from three to seven days.

Team exchange

The team exchange provides the opportunity for several Rotarians or Rotary couples to travel to different communities in a host district for a period of up to one month.

Univocational exchange

A unique aspect to incorporate into either the team or the visitor exchange is the univocational exchange, in which both guest and host Rotarians are of the same profession. A univocational exchange gives the Rotarians involved the opportunity to expand their views on a common interest.

Exchange Participants

Only Rotarians and immediate family members (partner and children) are eligible for the visitor exchange. For the team exchange, only Rotarians and their partners are eligible. For either type of exchange, both districts should agree on the participants in advance.

Friendship Exchange Chair

All Friendship Exchanges are arranged through the district chair, appointed each year by the district governor to oversee all of the Friendship Exchange activity within the district. The recommended minimum term for a district chair is two years.

Funding

Rotary Friendship Exchange is funded entirely by the program participants, and exchanges are carried out at no expense to Rotary International. Generally, guests are responsible for their travel expenses and personal spending (for example, souvenirs, snacks, toiletries, camera film, etc.), while hosts are expected to provide housing, meals, and sightseeing opportunities — the same courtesies that would be extended to a visiting friend.

In establishing the program, the district Friendship Exchange chair may wish to develop a modest funding plan within the district to cover implementation costs. District chairs should expect to cover communication costs, such as mail, fax, and telephone.



Building a Friendship Exchange Program in Your District

The main responsibility of a district chair in the Friendship Exchange program is to assist individual Rotarians and clubs with organizing their exchanges. This section outlines the responsibilities of the district chair.

Using the Listing of Friendship Exchange Chairs

After district chairs have been appointed, RI World Headquarters compiles a listing of all Friendship Exchange district chairs and mails a copy to each of them. This listing should serve as the primary resource for arranging exchanges. You can safely assume that districts not listed do not participate in the Friendship Exchange program. However, you may want to contact the governors of those districts to inquire about possible Friendship Exchanges.

For either type of exchange, districts are encouraged to arrange univocational exchanges.

Getting Started

For the visitor exchange, you should facilitate discussions between the guests and the hosts. Most of the details for this type of exchange, however, are arranged on the club level.

Rotarians interested in participating in a visitor exchange must first contact their club president. The club president relays the request to the district Friendship Exchange chair who then contacts the chair in the district(s) that the Rotarian has requested and asks the chair to locate hosts. Once hosts are located, the district chair forwards this information to the club president, and all further arrangements are made at the club level, either through the club president or directly between the guest and host.

You should prepare for this type of request by maintaining a list of potential Rotarian hosts in the district. This list should contain information about the Rotarian's and partner's professions (in case a univocational exchange is requested) and information on children, pets, health concerns, and so on.

The team exchange allows you to have a more practical approach. Sometimes, a district governor will ask a district chair to promote and organize this type of exchange. Other times, a request will come from an interested Rotarian.

Many district chairs find that the easiest way to organize a team exchange is to assemble a committee or have a co-chair help with the work. Once a request is received, the chair must establish contact with the district(s) with whom an exchange is desired.

Initiating Contacts

The most common method of contacting other district chairs is through the annual district chair listing, provided by Rotary International. Typically, the district chair will contact a number of district chairs in a specific country to determine whether there is interest in participating in an exchange. You might also organize an exchange through your personal or business contacts with fellow Rotarians.

One of the best places to initiate contacts with other districts is the International Assembly, the training meeting held annually for district governors-elect. Each year, more than 500 governors-elect gather to meet one another and receive training for their year as governor. Before this meeting, ask your district governor-elect to make inquiries about Rotary Friendship Exchange while at the International Assembly. The support of the governor-elect can do much to ensure the success of an exchange.

Other Rotary International meetings, such as the International Convention and Presidential Conferences, present opportunities for building international partnerships. You can make contacts through other international projects or programs that your district is involved in, such as:

- World Community Service
- Twin club relationships
- Group Study Exchange
- Rotary Foundation Ambassadorial Scholars
- Rotary Foundation Humanitarian Grants
- Rotary Volunteers
- Youth Exchange

Use your imagination. Talk to district chairs from other programs within your district. Remember that networking is the best way to get an exchange started.

Locating Participants

Publicizing the Rotary Friendship Exchange program is essential to organizing an exchange. With more Rotarians aware of the program, more opportunities will be available for participants. Here are just a few of the many ways to publicize the program.

District governor's newsletter

Most governors welcome material for their newsletters. Provide an article explaining Rotary Friendship Exchange and publicizing the availability of an exchange. You can also include a story about recent successful Friendship Exchanges in your district or others.

Club visits

District Friendship Exchange chairs or exchange alumni can visit clubs in their area and give presentations on the exchange program. Announcing current and upcoming exchange opportunities is excellent material for a club presentation.

Club bulletins

Send an article on Friendship Exchange to Rotary clubs in your district and ask that they include it in the club bulletin.

District meetings

Give a presentation on Friendship Exchange at your district conference or district assembly.

Promotional flier

Use the last page of this handbook as a promotional flier to distribute to interested Rotarians at district meetings or as part of a district mailing.

If you are organizing a team exchange, ask Rotarians who have expressed interest to provide a nonbinding letter of intent. This letter will help you determine who is truly interested in an exchange (do interested Rotarians simply want more details about Rotary Friendship Exchange, or do they want to participate in an exchange with a specific district?). The letter of intent should include the interested Rotarian's name, district, and contact information and indicate the Rotarian's level of interest. This letter also could include exchange preferences and preliminary itinerary plans.

Organizing Exchange Logistics

Once the dates of the exchange are determined, you should secure commitments from potential exchange participants. In the visitor exchange, you or the club president may ask the guest or host to correspond directly with one another. For a team exchange, once you have determined the final group of exchange participants, ask the participants to provide pertinent information about themselves by completing a participant questionnaire (see sample in appendix A). When designing a questionnaire and planning an itinerary, consider any cultural or religious differences that may affect activities or living arrangements.

Some districts compile a guest booklet and community profile, complete with photos, to send to their hosts. This information is very useful in helping the host district select appropriate hosts for the guests. Guest booklets or information compiled from the questionnaires will also assist the host district in developing an itinerary. Forwarding information from the host district to the guests will help prepare the guests for their exchange.

Once you have received the questionnaires from the exchange participants, you should organize the details of the exchange. First, general responsibility for the program should be determined. Exchanges may be organized by either the Rotary Friendship Exchange chair or a committee. It is important that responsibilities for each person be defined in advance to alleviate confusion. If a committee organizes the exchange, regular meetings should be arranged to follow the progress of each area of responsibility.

Planning an Itinerary

An itinerary is a day-by-day, hour-by-hour guide of activities for the guests, provided by the host district. Because each Friendship Exchange is a unique experience, the methods of planning and types of itineraries differ from exchange to exchange. Some visitor exchanges are quite informal, where the only prearranged factor concerns where the guest will stay. The team exchange, however, tends to be more elaborate, with full itineraries planned. The common factor in developing an itinerary for all exchanges is that clear communication between the guest and host is necessary. It is very important that responsibilities are outlined between the guest and host in advance.

Either the host district chair or the committee should prepare the itinerary. Consider arranging a planning session with all of the hosts to come up with ideas.

After the length of the visit and the number of participants have been established, the next step should be educating the participants about the other country. Use the time before the exchange to learn as much as possible about the country's history, traditions, tourist attractions, and cultural offerings in order to plan appropriate activities. Consult the guest booklet, if one has been created, or share information from the questionnaires. Your fellow exchange chair, neighboring consulates, or travel bureaus are also good initial resources.

The itinerary you develop should balance local tourist activities, social gatherings, Rotary events, time alone with the hosts, and free time for the guests to rest, shop, do laundry, and explore on their own. An important component of any itinerary is adequate time for guests to rest and pursue their own interests. For example, activities held on the day of arrival or the following morning may be overwhelming following an overseas flight. When guests first arrive, they may need time to change currency, unpack, or acclimate to a time change or new surroundings.

The itinerary should be flexible and should incorporate any special requests from your guests, when feasible. Depending on where you live, you may be concerned about finding enough activities for your guests. Remember that in most cases, your guests have not been to your area before. Things that you take for granted may be of great interest to them. Activities as simple as shopping for and cooking meals or attending local sporting events, concerts, weddings, zoos and aquariums, or town council meetings can be memorable and fascinating events for someone unaccustomed to your culture. Let your imagination and fellow hosts be your guide. The following are just a few suggestions:

- Touring scenic areas and historical sites
- Visiting schools and colleges, civic institutions, banks, malls, bazaars, restaurants, zoos, and businesses
- Exploring churches, temples, mosques, synagogues, and other places of worship, museums, and galleries
- Viewing and participating in sporting events, concerts, and nightlife activities
- Meeting and conversing with fellow Rotarians from another country

Note: Use caution in selecting certain activities for your guest, taking into account their age and health. More “adventurous” activities may prove too much for your guests. For example, extreme weather and altitude differences may strain your guests. Certain events surrounding food may prove difficult for some guests. For instance, vegetarians might not partake in an event where only meat is served. Use your best judgment.

Transportation arrangements must be clearly defined. Make sure enough time has been allotted to travel from one place to the next. The mode of transportation should be clearly determined. Clarifying questions such as these in advance will ensure a smoothly run tour and prevent misunderstandings.

Holding Predeparture Meetings

To ensure the success of a Friendship Exchange, hold planning meetings with both the exchange organizer(s) and the participants. You should organize at least two predeparture meetings to allow participants to meet one another, ask questions, and discuss any concerns about the trip.

For guests, this is also a good opportunity to study the country that they will visit and learn key language phrases. Hosts will need to meet to go over any last minute details on planned activities for their guests, coordinating pick-up and drop-off points, and any other relevant details for the activities they have planned.

Defining Essential Details

Thorough planning will help ensure a successful exchange. Despite everyone’s best efforts, unexpected incidents can occur on an exchange. To avoid these situations, thought should be given before departure to the following critical areas:

General responsibility

- Who has responsibility for ensuring that all plans are made and all necessary information is provided?
- If any questions or problems arise during the visit, who is the contact person visitors should speak with?
- Have expenses been fully defined and communicated? Who is expected to pay for what?
- Who in the host area is responsible for maintaining communication with the visitors?
- Has a complete written itinerary been provided to the visitors?
- Do visitors know about the climate of the host location and the type of dress required for each occasion?
- Do visitors have any food or animal allergies or any other health concerns that might require special arrangements?
- Do religious practices observed by visitors require planning?

Travel documentation

- Have customs requirements been defined for both entry to the guest country and re-entry to the home country? (For example, registration of foreign-made cameras and jewelry may facilitate duty-free re-entry.)

- Have visitors been fully briefed on the need for passports, visas, and other travel documents? Have they been advised to make photocopies of all important documents, including any medical prescriptions they might need?
- Are any immunizations required? Have these requirements been communicated to exchange participants?

Emergencies

- Have provisions been made for emergencies? Is suitable treatment available for illness or injury?
- Has emergency contact information for the visitor been shared with the host club, district, and family?

Insurance

- What club or district liability matters need to be investigated before arranging any exchanges?
- Should “hold harmless” or waiver of responsibility statements be required?
- What, if any, arrangements have been made for health insurance or accidental death/dismemberment insurance? What other kinds of insurance might be needed?
- Do insurance arrangements affect the transportation mode or supplier (common carrier versus private plane or car, visitor instructed not to drive a motorized vehicle)?
- Should trip cancellation insurance (provided by some commercial tours) be considered?
- Who is responsible for obtaining any of the types of insurance deemed necessary?

Accommodations and meals

- Have overnight accommodations been arranged for every night of the visit?
- If the visitors must stay in a hotel for a night or two, who is responsible for reservations and payment?
- Do host families know what to expect and when?
- What meals will host families be expected to provide?
- Will guests be required to pay for their meals during Rotary club functions?

Transportation

- Are all travel arrangements within the host area complete? Have these arrangements been communicated to exchange participants?
- Will visitors be expected to pay for any local transportation? Have these expenses been communicated to exchange participants?
- Will buses, trains, or taxis be needed at any point? What transportation will be provided, and who will provide it? Will an international driver’s license be required at any point?

Incidental expenses

- What incidental expenses should visitors expect during their stay (for example, meals, tours, entertainment, admission to museums, souvenirs, laundry)?

Publicizing the exchange

Finally, the continuation of the Rotary Friendship Exchange program in your district depends on publicity of successful exchanges. Before the exchange, determine if it is possible to organize a send-off party that can be publicized in club bulletins or the district governor’s newsletter.

By adequately publicizing your activities now, it will become increasingly easier to organize exchanges in the future. The more that Rotarians in your district know about Rotary Friendship Exchange, the more likely they will be to volunteer as hosts or guests for future exchanges.



Preparing Exchange Participants

Preparing Rotarians for a Rotary Friendship Exchange can be an extremely valuable and rewarding experience. It is the responsibility of the district chairs and/or club presidents to prepare the Rotarians who will participate as guests and hosts in their district.

Send an orientation packet to the guests before the exchange. It should include a copy of the proposed itinerary, complete with estimated times and descriptions (see sample itinerary in appendix B), tourist brochures, and a community profile. Include information on climate and weather for that time of year and suggestions on appropriate clothing for planned events (such as formal clothing, business attire, a jacket and tie or a dress, hiking boots, or a swimsuit).

In addition to preparing exchange participants for the logistical aspects of an exchange, discuss coping with cultural differences as well. Participants leaving their familiar environment and entering an unfamiliar culture may feel anxious or frustrated, or even have negative feelings toward the host family. Be sure to discuss these possible effects with the participants before the exchange. Encourage them to be positive and open-minded and to remember to expect an adjustment period when visiting a different country even for a short visit.

The following suggestions and recommendations should be shared with all participants before the exchange — guests and hosts will be interested in the recommendations for each other as well as for themselves.

Recommendations for Guests

Language barriers

Rotary Friendship Exchanges often take place between guest and host countries that use different languages. You should encourage guests to learn some key phrases and bring a foreign language dictionary to assist with any particularly difficult expressions. Guests should also be encouraged to speak slowly and concisely, taking into consideration such nonverbal actions as hand gestures and facial expressions, to help them communicate with their hosts.

Religious customs

Before the exchange, provide information for the guests about the predominate religion in the area they are visiting. Some religions have dietary restrictions, and cultures often have different attitudes toward alcohol consumption or clothing. Knowing about these in advance can help avoid embarrassing situations during the exchange.

Gift giving

A gift for a host family is a courtesy that you might want to encourage guests to consider. Gifts reflecting the guest's country are often the most well-received gifts. The gift does not need to be expensive. In fact, guests should refrain from giving expensive gifts to avoid embarrassing the host. Also, different cultures respond to gift giving in different ways. In some cultures, it is appropriate to open gifts in front of one another, whereas in other cultures, gifts are opened in private.

To break the ice with the host club and family, encourage guests to bring personal items such as business cards; photos of family, pets, or their home; or any examples of their hobbies or culture that they would like to share. As district chair, you might also want to organize a presentation of the guest's Rotary club banner to the hosting district.

Guest expenses

While details about expenses should be discussed before the exchange, guests should be prepared to cover the following expenses:

- Passport or visa costs
- Small gift for the host
- Transportation to and from the host district
- Possible transportation between hosting districts (for example, bus, train)
- Admission to tourist sites, unless otherwise agreed
- Any overnight stays in a hotel that may be required by the itinerary
- Meals at Rotary club meetings
- Meals taken outside of the host's home

These examples serve as a starting point. Any additional expenses should be clearly spelled out between host(s) and guest(s).

Enjoy the guest experience

It is important to prepare but impossible to know everything about a host country before arrival. Perhaps the best piece of advice for any traveler is to be flexible.

Recommendations for Hosts

Language and differences in culture

Hosts are encouraged to learn as much as possible about the culture of guests before their arrival. Familiarity with the culture from which your guests come will greatly enhance the hosting experience. Hosts should be encouraged to learn a few key phrases in the guests' language. This can have a welcoming and comforting effect on your guests as they encounter an unfamiliar environment, perhaps for the first time.

Arrival

Upon their arrival, guests should be welcomed by one or more members of the host family with whom they will stay. You might want to recommend that hosts create an opportunity for guests to make themselves feel more comfortable in an unfamiliar environment and to ask any questions they may have thought of during the initial part of their visit. It is important that the guests feel there is someone they can speak to about any question or problem that might arise. Hosts should give the guests a tour of the home indicating where all necessary rooms are located (e.g., bedroom, bathroom, kitchen, and laundry facilities). Hosts should explain how to use any household appliances that guests may find unfamiliar. Hosts should also explain any household rules that may affect the guests during their stay, such as where food may be eaten and whether smoking is prohibited in the home. Remember: On the first day, guests need plenty of time to rest, as traveling and experiencing a new culture can be exhausting.

Since guests may use their language skills tentatively in an unfamiliar environment, especially during the initial part of the exchange, hosts should speak slowly and enunciate carefully to facilitate an easy flow of conversation and communication.

Throughout the stay

Welcome and encourage guests to participate in daily routines both around the home and in the community. Encourage them to learn and explore the host culture.

Hosts should remain flexible, as certain customs vary between cultures. Customs and traditions surrounding hygiene, eating habits and rituals, and sense of time are practiced in different ways around the world.

Enjoy the host experience

Hosting a Friendship Exchange is a wonderful opportunity to create friendships and learn about another culture. As a Rotary Friendship Exchange district chair, you should reiterate to hosts that the keys to an unforgettable hosting experience are open communication, flexibility, and above all relaxing, having fun, and taking the time to really get to know the guests.



Maintaining Interest

After the Exchange

After an exchange has ended, district chairs should ask participants to assist in setting up future exchanges. Former participants can also do much to publicize the program. Ask them to speak or present a slide show at Rotary club or district meetings. They can also help at planning meetings for future team exchanges.

After an exchange, ask a team member to write an article on the exchange and send it to the governor or club presidents in the district for publication in their bulletins and newsletters. Offer to give presentations both before and after the exchange. Presentations following an exchange should include slides and an opportunity to show souvenirs or trinkets as remembrances and demonstrations of the culture. You may wish to use the promotional flier, in addition to any more personalized material. These materials should also be shared with Rotary International for possible use in any of its promotional materials.

District chairs should maintain accurate records on exchange participants as well. These exchange alumni can assist in developing or preparing for future exchanges.

Evaluation

Evaluations are critical to the success of future exchanges. After an exchange, both guests and hosts should have the opportunity to provide feedback to the organizers. The evaluation can be in the form of a questionnaire or simply a small statement on positive aspects of the exchange and areas that need improvement. Topics to be considered for an evaluation should include:

- Overall exchange experience
- Preparation of exchange details
- Preparation of exchange participants
- Travel arrangements
- Itinerary detail and adequate free time for guests
- Miscellaneous comments

Occasionally, district chairs are also asked to submit a report form to RI World Headquarters. This form is used to monitor the program and provides an opportunity for district chairs to voice suggestions for improving it.

Final Thoughts

Rotary Friendship Exchange can become a valuable part of your district's activities. Many international projects and programs have been carried out between districts and clubs as a result of Friendship Exchanges. More important, Friendship Exchange offers a life-enriching experience for participants. The long-lasting friendships that result from the exchanges play an important role in Rotary's effort to promote peace and international understanding.

Rotary Friendship Exchange is a great and growing part of International Service. Don't miss the opportunity for your district to participate.



Participant Questionnaire

District _____ Rotary Club _____

Rotarian's Name _____ Partner's Name _____

Present Address _____

City _____ State _____ Postal Code _____

Telephone (Home) _____ (Office) _____

Fax _____ E-mail _____

Age group (optional) 30-39 40-49 50-59 60+

Smoking preference Smoking Nonsmoking

Family information

What is/was your career field? _____ How many years? _____

What is/was your partner's career field? _____ How many years? _____

How long have you been a Rotary club member? _____

Number of children _____

What are the children's names, ages, and occupations? Do any of them live at home?
Will any participate on the exchange?

What are your hobbies and favorite pastimes?

Do you have any dietary restrictions (food allergies, vegetarian, lactose intolerant)?

Special considerations

Medical (i.e., allergies or physical disabilities) _____

Other _____



Sample Itinerary

District 5550 (Canada) – District 2210 (Spain)

15 February-1 March 2000 Barcelona

Tuesday, 15 February

- 0900 Arrival at Barcelona airport
- 1000 Transfer to Rotarian homes
- 1300 Lunch and dinner at Rotarian homes
- 1500 Free afternoon to receive general information about Barcelona and the program
Meet host families, unpack, and settle into new surroundings

Wednesday, 16 February

- 1100 Visit to the Catedral de Barcelona
- 1130 Walk through the Gothic District, Roman city, Plaça de Berenguer, Plaça del Rey, Saló del Tinell, Santa Chapel Àgueda, Roman Temple, and Casa Arcediano
- 1230 Have a snack at Plaça del Pino
- 1400 Lunch at the Rotary Club of Barcelona-Mediterráneo
- 1500 Free afternoon
- 2100 Dine at Rotarian homes

Thursday, 17 February

- 1000 Meet at the Estadi Olímpic de Montjuïc
- 1015 Walk through the Palau Sant Jordi and Montjuïc Mountain
Have coffee at Miramar to see the view of Barcelona (weather permitting)
- 1100 Visit to the Fundació Joan Miró
- 1230 Visit to Poble Espanyol to view the craftsmanship and most emblematic buildings of Spain
- 1400 Lunch at the Rotary Club of Barcelona-Pedralbes
- 1500 Free afternoon (an opportunity to go shopping)
- 2000 Dine at Rotarian homes

Friday, 18 February

- 1000 Meet at Santa Maria del Mar
View the church
- 1015 Walk along Carrer Montcada toward the Museu Picasso
- 1030 Visit Museu Picasso
- 1230 Snack at Museu de l'Indumentaria, located on Carrer Montcada
- 1400 Lunch at Rotarian homes or on your own
- 1500 Free afternoon

Saturday, 19 February

- 1000 Morning — Sightseeing at Monestir de Poblet and Calçotada at Castillo de Monferri with Barcelona-Mediterráneo Rotarians
- 2000 Dine at Rotarian homes

Sunday, 20 February

- 1000 Morning — Visit to Sitges, Museu Cau Ferrat, and Maricel
- 1400 Lunch at Cal Pinxo
- 1500 Free afternoon

Monday, 21 February

- 1000 Meet at La Pedrera
- 1100 Visit to Güell Park
- 1130 Refreshments at Güell Park
- 1200 Visit to La Sagrada Família
- 1400 Lunch at Rotary Club of Barcelona-Diagonal
- 1500 Free afternoon
- 2045 Dine at Barcelona 92 Círculo Equestre

Tuesday, 22 February

- 1000 Visit to MNAC (Museu Nacional d'Art de Catalunya)
- 1500 Free afternoon

Wednesday, 23 February

- 0900 Morning — Walk through Plaça de Catalunya, La Rambla, Antic Hospital Santa Creu, Casa de La Caritat, Iglesia del Pino, Plaça Reial, and Mercat de la Boqueria
- 1100 Refreshments at Schilling Street Fernando 23
- 1400 Lunch at Rotary Club of Barcelona Les Corts
- 1500 Free afternoon
- 2100 Dine at Rotarian homes or on your own

Thursday, 24 February

- 1000 Meet at Museu Monestir de Pedralbes
Tour monastery and Thyssen collection
- 1200 Visit Palau de Pedralbes and pottery museum
- 1400 Lunch
- 1500 Free afternoon
- 2100 Dine at the Rotary Club of Barcelona Centre

Friday, 25 February

- 1000 Visit and walk along Port Vell and Port Olímpic
- 1400 Lunch at the Rotary Club of Barcelona
- 1500 Free afternoon

Saturday, 26 February

- 1000 Journey to Figueras
- 1130 Visit to the Museu Dalí
- 1400 Lunch near the sea at Costa-Brava

Sunday, 27 February

- 1600 Host families organize a party or tradition typical of Spanish culture

Monday, 28 February

- 1000 Visit Cavas Torres
- 2030 Attend concert at Palau de la Música Catalana

Tuesday, 29 February

- 1000 Free day

Wednesday, 1 March

- 1200 Farewell at airport

Other places of interest

- Reales Atarazanas
- Barcelona diseño Diagonal
- B.D. Mallorca 291
- Camila Hamm Calle Rec 30
- Fundació Tàpies
- Galeria Montcada (young artist sculptures)
- Insolit Barcelona
- Museu d'Art Modern
- Museu Marés
- Tibidabo
- Torre Foster
- Velvet Bar Balmes, between Rosellón and Provenza.
- Zsa Zsa Rosellón 156

Rotary Friendship Exchange



“The climate, the travels, the history, the food, and particularly the people were superb from beginning to end! This has been one month of unforgettable experiences. We found the Brazilian people to be beautiful wherever we went. We look forward to hosting many of them in Iowa.” — Friendship Exchange participant from Newton, Iowa, USA

What is Rotary Friendship Exchange?

The Rotary Friendship Exchange program gives Rotarians and their families the opportunity to experience other cultures firsthand, by participating in reciprocal visits with Rotarians from other countries and their families. The goal of the program is to advance international understanding, goodwill, and peace through person-to-person contacts across national boundaries.

What types of exchanges are available?

There are two main types of Friendship Exchanges: the visitor exchange and the team exchange. Both are expected to be reciprocal and both may vary by the number of people or couples who participate and the duration of the exchange.

Visitor exchange

An exciting chance to learn about another culture, the visitor exchange allows individual Rotarians, who may be accompanied by family members, the opportunity to spend a few days in the home of a Rotarian in another country.

Team exchange

The team exchange provides the opportunity for several Rotarians or Rotarian couples to travel to different communities in a host district for a period of up to one month.

Univocational exchange

A unique aspect to incorporate as part of either the team or the visitor exchange is the univocational exchange, in which both guest and host Rotarians are of the same profession. A univocational exchange gives the Rotarians involved the opportunity to expand their views on a common interest.

Who may apply?

Rotarians and their immediate family (partner and children) are encouraged to participate in the visitor exchange. Only Rotarians and their partners are eligible for the team exchange.

When and where can I visit?

Exchanges may take place at any time during the year, as long as both participating districts agree in advance. It is recommended that reciprocal visits take place during the same year or in successive years. Participants may travel to any country in the world where Rotary clubs have been established and where another Rotary district and club have agreed to participate.

How long is a typical exchange?

The length of the exchange is determined by both the guest and host districts. In general, the visitor exchange lasts for three to seven days, and the team exchange ranges from one to four weeks.

What activities are planned for a typical exchange?

Exchanges incorporate a wide array of social events, local activities, Rotary gatherings, and leisure time. Each itinerary is different, but the following experiences can all be part of an exchange:

- Touring scenic areas and historical sites
- Visiting schools and colleges, civic institutions, banks, malls, bazaars, restaurants, zoos, and businesses
- Exploring churches, temples, mosques, synagogues, and other places of worship, museums, and galleries
- Viewing and participating in sporting events, concerts, and nightlife activities
- Meeting and conversing with fellow Rotarians from another country

Who pays for the exchange?

The exchange is funded entirely by the individuals who participate and is carried out at no expense to Rotary International. Specific expenses should be arranged between the participating districts and clubs.

Who coordinates the exchange?

Each district that participates in a Rotary Friendship Exchange should have a district chair, appointed by the district governor. The district chair is responsible for contacting other Friendship Exchange district chairs from around the world, to find out which districts are interested in arranging exchanges and to coordinate all specific details such as location, length of stay, and number of participants.

How do I apply?

For either type of exchange, Rotarians must apply through their club president who will inform them if their district participates in the program. If the district is involved in Rotary Friendship Exchange, the club president and/or district chair will provide information about the application process and the requirements for participation.

Why is Friendship Exchange important?

Friendship Exchange is not simply a way to obtain friendly lodging during a business or vacation trip. The exchange of people who are motivated by a sincere desire to learn about others and to share international fellowship is a fun and exiting opportunity that can be an effective tool in promoting better human relations around the world.